



COFFEE POT TALK



NDIAA NEWSLETTER



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The Secret is in Service

By: Sally T.

I stumbled into the rooms of AA in May of 1995. I was truly the bewildered one, waiting for a bed at a local rehab and desperately trying not to drink on a Monday evening. The beginners' meeting I was sent to welcomed me with open arms but I really cannot remember specific words spoken. I do remember that a neighbor was there and I held on to her for dear life. This wonderful woman took me under her wing and made me promise to not drink before the next day's meeting and to call her the morning. It was the first time I followed directions concerning my drinking.

After a 28 day rehab "vacation", I was released to outpatient care and told to go get a home group. The kind neighbor had become my first sponsor. I began to visit the groups and meetings in my area and found more lovely, welcoming women. One in particular, a very funny and successful woman, about my age, recommended a step meeting on Sunday evenings. It was her home group and she said it "focused on the solution". Just to be closer to her, I joined the group. There was no way to know then that 24 years later, this is still my home group.

The (mostly) men and women of this relatively small group truly helped me rejoin the living. When I arrived there, I cried every time I opened my mouth and I was certain that only a boring, dull life that would separate me from my family awaited. Instead, I have been introduced to service, I am constantly led through the steps and traditions, and I'm learning how to become part of society as a responsible member. As they frequently say, I needed to

Our principals

Step 8: "Made a list of all persons we had harmed, and became willing to make amends to them all."

Tradition 8: "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

Concept 8: "The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities."

learn to be “just another bozo on the bus”! I have not been separated from my family at all, rather, I am constantly learning to be a loving member, taking responsibility for my words and actions.

How did they teach me this? By putting me to work. At one year of sobriety, I became the Intergroup Rep for the group. This was an excellent first step for me because it was a very defined role. I went to the monthly Intergroup meetings and brought back the information and an institutional commitment for the group. I met many more AA members in my area and learned about different groups/meetings to visit. My sobriety circle widened.

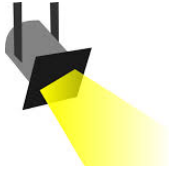
Next, I was elected General Service Representative (GSR). General Service was a mystery to me but I admired the DCM’s sobriety so I jumped in. Next thing I know I am at quarterly Area Assemblies, reading more literature, visiting other Districts’ workshops and meeting new recovery friends from around the Area. Our monthly District meeting spent time reviewing the GSR’s role and helped us learn about the Concepts as well as deepen our understanding of the Traditions. Here, I learned more about my personal responsibility. I had told my group I would be there, so I needed to act on that statement. Not being “cured” overnight, I would complain and more often came late than on time. But eventually saw that these behaviors just made me feel more separate, and I became willing to change.

The thing I enjoyed the most about being a GSR and later a DCM is planning and holding service workshops. I really got to know the other GSRs by spending time with them. We would joke around, lend our strengths to the event, whether it’s cooking, setting up, or in my case, speaking. One year, we had sweatshirts made with “The Secret is in the Service”. All these years later, I still wear this hoodie with pride and smile at the memories. I remain active in general service, at the Area level, to this day.

AA has taught me that it is in the seeking that I will be healed. And being in service, general service specifically, has provided me the opportunity to seek out examples of sober living while repaying my debt to the fellowship that saved me. And I don’t want to keep that a secret.



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Literature Spotlight



Spotlight on Literature: **The A.A. Group...Where it all Begins**, P-16
Aug. 2020

The ‘dog days’ of August are upon us, Covid-19 rages on, and many A.A. groups meet via Zoom or Google. Outdoor meetings are also becoming quite popular. How is your homegroup or other favorite meeting weathering the turmoil? Perhaps a review of the **The A.A. Group...Where it all Begins**, P-16, pamphlet may provide some ideas to maintain group unity during these challenging times. **The A.A. Group...Where it all Begins** pamphlet is a small manual or booklet that is packed full of suggestions that decode the complexities of group functions and dynamics; and, outline a formula for the smooth running of the group.

The oft heard phrase, all one needs to start a new meeting is a ‘resentment and a coffee pot’, over simplifies the process but in reality, it is not a difficult undertaking. To be called a group, a name, meeting place and time are chosen and registered with the General Service Office, (G.S.O.) who will in turn assign a service number to the group. Contributions are recorded and credited to the group using that number. G.S.O. will send the new group a complimentary handbook and a small supply of A.A. literature. In addition, G.S.O. will send the Group Service Representative, (G.S.R.) a Service Manual and the quarterly publication, Box 459. Forms to register a group and a GSR can be found at the A.A. website, aa.org. A meeting, on the other hand, is not registered with G.S.O. and does not have a G.S.R. Therefore, a meeting has no voice in A.A. as there is no vote in District or Area business without a G.S.R. However, a meeting may be listed with a local Intergroup. But I’ve gotten ahead of myself.

The pamphlet opens with a few paragraphs devoted to Tradition Five: “Each group has but one primary purpose – to carry its message to the alcoholic who still suffers”. Tradition Twelve: “Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities”, and, as noted in Concept 1: “The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship”, which is the groups.

The Group...Where A.A.’s Service Structure Begins, which is the first sub-topic in the pamphlet, includes the headings: How you become an A.A. group member?: by self-declaration; The difference between open and closed meetings: anyone vs. alcoholics only; What kind of meetings do A.A. groups hold?: Discussion (with a list of topics), Speaker, Beginners, Step, Tradition or Big Book,

Business, Group Inventory, Service, A.A. Grapevine/LaViña; Suggested A.A. meeting procedures: chair opens with A.A. Preamble and perhaps the Serenity Prayer, How It Works, Twelve Steps, Twelve Traditions, and, may close with a prayer or the Responsibility Pledge; The A.A. Home Group: each member has one home group and one vote; Self-support: The Seventh Tradition: no dues or fees for membership and, Coffee, tea and fellowship: the gatherings before and after the meeting.

How an A.A. Group Functions covers: How to start and name an A.A. group: take care not to use a place or institution's name or title; What do A.A. group members do? : lists suggestions to be of maximum service to the newcomer; What trusted servants (officers) do we need? Suggested group officers are listed with a description of their respective responsibilities. Officers may include: Chairperson, Secretary, Treasurer, G.S.R., Intergroup (Central Office) representative, Grapevine/LaViña representative, and Literature representative; and, Why have a Steering Committee? Some groups have steering committees comprised of anywhere between three to 12 members who tackle questions related to group practices, selecting a slate of candidates for office and other group issues. In the interests of an informed group conscience, steering committee members present their findings to the group for a final vote. How Can Newcomers be Reached and Helped? concludes the section with an example of a notice about open A.A. meetings for publication in the community service section of local newspapers. This notice is particularly helpful in areas that are not served by an Intergroup or Central Office. Page 17 sports a helpful diagram of the Service structure inside the A.A. group.

The A.A. Group's Relations with Others in the Community relies on Tradition Eleven: "Our public relations policy is based on attraction rather than promotion; we need to always maintain personal anonymity at the level of press, radio, and films", and describes the duties of service committee representatives: Corrections Committee Liaison, Treatment Committee Liaison, Cooperation with The Professional Community (C.P.C.) Liaison and Special Needs Committee Liaison.

Principles Before Personalities utilizes Tradition Two: "For our group purpose, there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants." It highlights: The principle of rotation : pass on your service experience; What is an informed A.A. group conscience?: share full information and listen to minority opinions; A.A. group inventory: suggests 13 questions for a group to periodically evaluate the fulfillment of groups' primary purpose; A.A. business meetings : electing officers, treasurers reports, G.S.R. and Intergroup reports; and, About those A.A. group problems... "For all involved, a good sense of humor, cooling-off periods, patience, courtesy, willingness to listen and to wait – plus a sense of fairness and trust in a 'Power greater than ourselves' – have been more effective than legalistic arguments or personal accusations." Pg. 29

How the A.A. Group Relates to A.A. as a Whole, contains a number of questions about G.S.O. what is it, what gets done there, who is in charge and how are decisions made? Similar questions are addressed regarding A.A. Grapevine, A.A. World Services and Intergroups or Central Offices. An all-inclusive diagram titled, **How the A.A. Group Fits into The Structure of The Fellowship, United States and Canada** is found on pg. 30. Other questions in this sub-topic are: How are A.A. World Services supported? How can A.A. groups help G.S.O.? What is available from your G.S.O.?

Additional financial information is found in a diagram on pg. 33, **Your A.A. Dollar: The Services It Pays For.**

What A.A. Does *Not* Do , is based on Tradition Ten: “Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.” A.A. does **not**: recruit members; keep membership records; follow up or try to control its members; make medical or psychological diagnoses; provide hospitalization, housing, food, clothing, jobs, money, counseling; affiliate with social agencies; offer religious services; accept money for its services or contributions from non-A.A. sources; or, provide letters of reference.

A.A. and Alcoholism centers on Tradition Six: “An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.” “A.A. has adopted a policy of cooperation but not affiliation with other organizations concerned with the treatment of alcoholism.” Pg.37

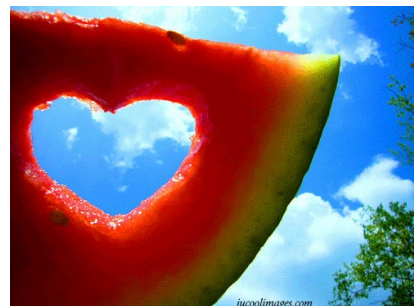
A few more Q and A's. follow: What are the three legacies of A.A.? : recovery, unity, and service; Who runs club houses for A.A.s?: private individuals not acting as A.A. members; Who runs halfway houses and other treatments facilities?: not A.A. members, although they may be employed in such facilities; What type of A.A. meetings are held in treatment facilities? : regular A.A. group meetings, and treatment facility A.A. meetings where attendance is primarily limited to clients in the facility and possibly, outside A.A. speakers.

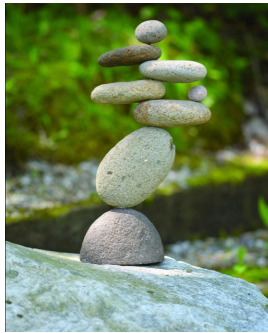
The final pages of The A.A. Group...Where it all Begins conclude with:

The Twelve Steps of Alcoholics Anonymous
The Twelve Traditions of Alcoholics Anonymous
The Twelve Traditions the Long Form
The Twelve Concepts for World Service

Did I mention that **The A.A. Group...Where it all Begins**, is perhaps my favorite pamphlet? I think it is an essential item in a group binder to be used as a reference for Home Group members and officers alike. Get your copy of **The A.A. Group...Where it all Begins**, P-16, today!

Love and support in service,
Sheila D.





Stone Cold Sober

Dear Friends,

Months ago, I wrote about the unprecedented situation in the world and its effect on our AA program. I thought, as perhaps many of us did, that by the time we reached August the situation would be resolved. It has not. In fact, in the 35 years I have been in AA, this is the most insidiously I have seen outside issues creep into our meetings. People are scared and tired as we all continue to deal with the pandemic and various issues of social unrest. I, perhaps like many of you, am sick and tired of being sick and tired, and yet

we do not have a deadline for the current state of world affairs.

We have had to tread lightly as outside issues become topics of business meetings, but required for the health and safety of our members, and also out of respect for the wishes of the church and building stewards who allow us to have our group homes in their facilities. Here in North Wilmington we still have many Zoom meetings. We also have outdoor meetings where no one wears masks, outdoor meetings where everyone wears masks, and indoor meetings with the same mask vs. no mask issues. Sadly, some meetings have folded and others have had shut down for the duration of the pandemic. Even more sadly, we have watched people relapse.

My sponsor has declared this time a, "no judgement zone." I must remember that each group is autonomous and that our steps tell me to take personal inventory, not other people or other group's inventories. The slogan "Live and Let Live" has taken on a new power and a new meaning. I need to keep reminding myself that we are all doing our best to stay sober, help other alcoholics achieve recovery, and preserve our program. Somedays I feel like, "What an order! I can't go through with it." I want to find an "easier, softer way" but I cannot. If I want to stay sober, and have serenity, I must persevere. We need to remind ourselves that we are not alone, that more will be revealed, and this too shall pass — but maybe not in the time we had hoped. So we preserve.

Perseverance is the spiritual principle behind Step 10, which requires us to take inventory daily. Day in, day out, no matter what. Even when things feel bleak or my Higher Power feels far away, I must clean house, trust my Higher Power, and help others. There are no AA sabbaticals. There is an AA saying that when one door closes, another one opens, but it can be lonely in the hallway. Many of us are metaphorically in the hallway right now. We miss our meetings, or our meetings have folded. We are tired of zoom. We have stopped calling people and reading our literature. Personally, I need to decorate the hallway, as I may need to be here for a while. If my Zoom meetings are floundering, what can I do to make them better? If my AA contacts feel disconnected, what can I do to reach out? If my daily readings are growing old, I need to preserve and maintain the daily discipline.

Our Big Book tells us we will "trudge the Road of Happy Destiny." My dictionary says to trudge is "to walk laboriously." To me this means it is work but it is worth it. As I always say to my sponsees, "if this was easy, everyone would get sober." Is it even harder now than usual? For me personally, yes, but I must continue to do the work required of this "into action program." I must confess, I was even tempted to tell our editor I could not write a column this month, as it felt like a gargantuan task. Just

the thought of writing a few paragraphs felt daunting, but I pulled myself up sharply and forced myself to keep my commitment, and I'm glad that I did.

I was told once that we got sober on the backs of giants — be they elderly men and women with walkers or young people who got sober at 16 years old — they were the foundation that allowed us to recover. Now, during this unprecedented time, I challenge each of us to be a giant in our own right.

No matter how hard this time is for us, may someone else be getting sober by standing on our backs.

The slogan B.O.S.T.O.N. comes to mind, "Be Of Service To Others Now."

Perhaps that this is a time when, instead of telling our Higher Power how big the storm is — instead, we warn the storm of how big our Higher Power is. Let us all remember that yesterday is history, tomorrow is a mystery, so just for today. All we need to do is stay sober, one day at a time.

As always, this is just one alcoholic experience, strength and hope. Take what you like and leave the rest.

I wish you faith and patience. The faith that it works and the patience to let it.

In fellowship, Maria





....Into Service

Jen B – Sobriety Date 12/10/18, Home Group: *Sisters In Serenity*

Service Position: DCM for Districts 6 & 7

Length of service commitment: 2 years

Sobriety requirement: Suggested 4-5 year of continuous sobriety and background in AA service work

Service Position Responsibilities: “The *district committee member* (D.C.M.) is an essential link between the group *General Service Representative* (G.S.R.s) and the area delegate to the General Service Conference. As leader of the district committee, made up of all G.S.R.s in the district, the D.C.M. is exposed to the group conscience of that district.”

As the DCM for districts 6&7 I attend local Area committee meetings and assemblies, as well as various workshops. I then take this information and share it with the GSRs from our district; who in turn, share this information with their home groups. I also, take concerns/thoughts/ideas from the GSRs (who have gathered this information from their respective home groups) and share that information with the local Area, in our case, Area 12. I am the liaison who ensures that information is passed along clear channels to the GSRs and Area alike, and create a communicative flow through, ensuring that thoughts/ideas/information is conveyed in the best and most understood way possible.

How has this service commitment changed/enhanced your personal sobriety?

This service commitment has enhanced my personal sobriety greatly. I have a most interesting story on how I came to be the DCM for Districts 6&7. I was 1 year sober but very involved in my AA community; going to the prisons and sober living houses and speaking whenever I could, so naturally when the GSR for my homegroup said their term was ending, I thought it would be a wonderful way in which I could serve in a more long-term position. My idea always being that you can't fall off of the bed if you're right in the middle of it. And a two-year term, to me, would help to ensure that I stayed accountable to these people that relied on me.

Well, I started my term as GSR for Sisters in Serenity in January of 2020 and was so honored that they trusted me with this great responsibility. I served roughly 2 months, but still learned quite a lot about the GSR position, but then the Pandemic struck. Following that, we moved to virtual meetings. Then 2 months following, our DCM decided that they had to step down. I have always been taught in AA, that you step up when AA needs you. That you be of service when and wherever it is required. So, when it was asked if anyone could fill in, I gladly raised

my hand. Since then, May 2020, it has been a whirlwind. I have been fortunate enough in this position to be counted upon and trusted in, and would not trade any of it or go back and do it differently. I have a service sponsor, and am learning about the AA Concepts in-depth, and am understanding and appreciating so much more the structure that is our District, Area, GSO and AAWS. I have come to realize that Bill and Bob were so ahead of their time and knew exactly what AA needed in order to survive in the future, long before the rest of us did.

How has AA Service changed/enhanced your personal sobriety?

AA service in general, and overall, has firmly rooted my feet in sobriety and given me a life honestly beyond my wildest dreams. I have found a family here; a family that understands me and loves me for who I am. And it was by getting involved, and doing commitments and acts of service, that I was able to make and sustain these relationships. Service has been one of the main pillars that keeps me in AA and always keeps me accountable. When I know I am being counted on, it is more likely that I stay where my feet are planted and am less likely to stray. And since all of my friends are now in AA and do many similar commitments of service as I do, I am always among friends and family and that's a beautiful thing.

Current & Past Service Positions Held: Coffee maker/Opening meeting/Greeter/Chair/Assistant Chair, Many Various Institutional Commitments, Sponsor, Retreat Leader and General Services Representative.

I plan to continue my journey of Sobriety and Service, as it has given me a life that I could only dream of. It gave me connection and purpose and guided me along a path of structure, knowledge, and stability and has allowed me to give back. If I could spend the entire rest of my life repaying what was so freely given to me, it wouldn't even amount to half of the love and gratitude I feel for the people in this beautiful community....those who loved me before I could love myself.

2 Drunks and a Cup of Coffee



Martha H.

8/27/89

I met Martha 8 years ago when I came into the rooms. She would come to my first Home Group (Thursday night Sisters off the Sauce or S.O.S. as most women call it). I would just watch her as she sat there, crocheting, looking so peaceful, waiting on the edge of my seat for her to share. I just loved it when she shared! She always made me laugh. Then, on my drive home, I would always ponder what she would say. It always left me with a lesson. I was so thrilled when she said she would meet with me and I enjoyed the opportunity to get to know her a little more very much, as I know you will as well. Thank you for your service Martha!

How did you find A.A.? I kept calling a friend of mine (who later became my sponsor) and she kept saying to me “I think you have a problem with alcohol” and I said to her “I think you think everyone has a problem with alcohol.” Finally, when I was in the depths of despair, I called her and she said “Why don’t you go to a meeting and just try it. Go to six meetings and see what you think.” I was doing bad things I never dreamed I would do. I was ashamed and in the depths of despair. So I went to a women’s meeting and all I knew was I felt better. I left feeling better than when I came in. I went to a couple of meetings and then I heard a woman tell my story. I did not drink everyday and did not get drunk every time I drank. I had an image of an alcoholic as someone under a bridge with a brown paper bag. I did not think I was an alcoholic. I had no idea that what was wrong with me had anything to do with alcohol and then I heard my story and said yes, that is me. I’ve been here ever since.

What is the first piece of advice you received? Keep coming back! I just had to keep coming back because I had no idea how sick I was! All I knew was I wanted to die everyday. Then as I got sober I realized that I was really ill and needed help.

What is your favorite chapter in the Big Book? My favorite chapter is Into Action but my favorite story is Join the Tribe, which is in the 3rd addition.

What is the most important part of your program? Prayer! I pray everyday, all day. It says in the Big Book, if you have not told someone about the spiritual part of this program, you have not told them about this program.

What is your favorite slogan? Right now I am focusing on “We have to practice these principles in all our affairs.” It really is practice. I had to practice getting up everyday and not drinking. And then I had to practice these principles. Not lying, not stealing, treating people the way I wanted to be treated. I had to practice a whole new way of life that was completely foreign to me.

What is your favorite step? Step 3. It is the hardest one for me. I love 3 because I really thought that I could control everything and that I was really good at it.

What do you think of Zoom meetings? I like them and I am really grateful for them, but I have started to go to outdoor meetings. It is amazing how industrious we Alcoholics are. We are very creative when we want to stay sober. I do prefer in person meetings. In person, I can see in someone's face if they are ok. I can just tell when they aren't ok. You can't read someone's emotions in a Zoom meeting. I missed the personal contact. I'm glad the zoom are there and they are saving our lives.

What do you think has changed in A.A.? It says the only requirement is a desire to stop drinking. There are a lot of addicts in the program now. But, most of these addicts started on alcohol. When I came in it was all alcoholics. I think if we can help somebody, we should. I'm just happy they are here. My sponsor told me if they talk about something in the Big Book, we can talk about it in the meetings. She pointed out that there is a chapter in the BB called Doctor, Alcoholic, Addict. Also, when I came in there was more fellowship, more things to do. There were bowling, dances, parties, a lot of socialization. There was a group that went fishing, even a group of sober Mummies called the 12 steppers! There used to be so much for newcomers to do who had to learn how to live sober. I think another thing that has changed is social media. People just don't seem get out and gather as much anymore. I used to make coffee for a meeting when I first got sober and people would come early and stay late while I cleaned up. It just meant so much.

Do you think AA has gotten softer? It's a different generation. The message is the same but the delivery is softer. We are very careful now what we say to people. We have gotten very polite. People would tell me you need to shut up, stop talking and start listening. It's different now. People don't do that anymore. I don't know if it is better or not. I'm just a drunk and it did teach me how follow directions.

What piece of advice would you give a newcomer? They have to stick and stay, they have to keep coming back and they have to keep practicing. I thought when I came in on Monday and figured out what was wrong with me, by Tuesday I would be fine. But I had to learn how to live all over again. We have to just keep at it everyday.

Anything else you want to say in wrapping up? I am so glad I am sober. I'll be 31 years next month and it makes me cry. My life has not been easy! I've had breast cancer, my son is an addict (now in recovery) my grandson is out there, my mother died (I actually use her Big Book), my father died. I have lived through a lot and stayed sober. I've lived through many of life's tragedies and being sober helped me manage my way through it. AA is amazing. My mother was dying and I went to a Wednesday night meeting. There was a man, Martin K., who I saw there a lot. I shared about my mother and he came up to me afterwards and said his mother just died and he gave me the name of the nurses he used. He Helped helped me every step of the way. It was unbelievable. I have had that happen so many times with all of the problems that I have shared. There is no situation in life that someone hasn't lived through sober and I just find that amazing. It is so humbling when you think about it. It's a beautiful thing and I am very grateful. I also want to say everything I say in AA is plagiarized. I have not had an original thought and it's a good thing because my original thoughts got me here.



Through the Eyes of Newcomer

This month was a little hard. As I was doing step work on my step 4 inventory I was realizing how much I had excused my behaviors and actions when I was drinking and using. I had felt justified that I was moving away from my values, morals and beliefs because others had treated me like this, or I believed I deserved that, and most often, I wanted this or that. As I was writing these things down and actually seeing an accounting of resentments, angers, and fears, my sponsor was slowly and patiently showing me that although I had moved away from myself while using and I realized I was an adult not taking accountability for my actions. Some beautiful things happened. First (and most moving for me) was I may have numbed myself and in turn moved away from myself..I had not, like I had come to believe,

moved away from MY HIGHER POWER..and He had not moved away from me. This left me crying, shaking and with a peace I had missed so much. I AM NOT ALONE!! Second, guilt is a weight that physically pulls us down. It moves from our minds to our hearts and then to our bodies. And this beautiful fellowship allowed me to recognize it, take responsibility for it, and release it. Yes! We can release it! Its ok! Again I found a feeling of peace! And third, (and this one scared me) admitting and talking to another person did not shame me....OMG! It actually allowed another voice in my head beside my own. It allowed another person to know me....TO KNOW ME..... and still care for me. And it allowed..wait for it....a feeling of peace! It doesn't mean there are not moments or days of regression BUT, this beautiful program is teaching me..and Im learning...that peace is possible....one day at a time!

Note from the editor

I was so moved by the word peace mentioned so many times in her article that I had to ask Danielle what peace looked and felt like to her. Here is her response:

To me, peace is being surrounded by family and good food. I loved sitting and listening to my mom and her sisters as they cooked with old friends sharing stories about when they were young women. I always felt safe and loved and a part of something bigger than myself. It still makes me smile 20 years later. I know a family is the foundation after God, which is my core. Through that, and our fellowship, I have found recovery.

I ask all of you....What does peace look and feel like to you? Write in and tell us. I would love to publish it in the next edition of Coffee Pot Talk. Submit your entries to Emmy at NDINewsletter@gmail.com



Fellowship Corner

Sorry guys....we gotta practice social distancing! Now that we are sober, we have to follow the rules....
(FaceTime or Zoom is a good resource if you miss the smiling faces of your fellows :)

New Meetings

During this difficult time, please see the Intergroup Website (www.ndiaa.org) for current Zoom meetings.

Newsletter Stuff Needed

If you would like to contribute to the Newsletter, please email Emmy K at NDINewsletter@gmail.com Here are a few examples of how you can contribute:

- ~ Feature articles
- ~ Sneak Peak into Service articles
- ~ New Column Ideas
- ~ Cartoons or Rule 62 submissions
- ~ Fellowship opportunities
- ~ Groups needing support
- ~ New Meetings
- ~ Topics you would like to see covered in the Stone Cold Sober or Literature Spotlight columns
- ~ Longtimer volunteers for interviews



SERVICE NEEDED!!!!!!

I know we are all going crazy locked up in our houses, watching Netflix and feeling sorry for ourselves. I was always told that the best way to get out of self is to help another alcoholic. There are no service opportunities right now you say??? WRONG!!! See a great service opportunity below and share your experience, strength and hope to another sick and suffering alcoholic....that is our primary purpose after all, isn't it?



**Women Volunteers
Needed**

**To write messages of support and
encouragement to the residents
of Baylor Correctional Facility!**

**They are accepting letters, cards,
good vibes and pictures that will
be shared with all of the women!**

**If you would like to participate, you can email cards, letters and
pictues to diane.frebert@delaware.gov**

Or you can mail them to:

BWCI

Attn: Diane Frebert

660 Baylor Blvd.

New Castle, DE 19720

**Any questions, please call Corrections Chairperson
Gaye S. (931) 220-8916**



Anniversary Club: We do it One day at a Time....

Bob A. 7/9/90
Bob M. 1/17/83
Brendan D. 5/3/09
Brenda A. 2/23/85
Carel B. 4/26/04
Carolyn W. 7/15/82 Christopher K. 1/03
David C. 2/1/94
David G. 7/6/99
David F. 11/23/07
David K. 12/03/72 45 yrs.
Debbie H. 03/16/91
Doris S. 04/80
Doug W. 2/28/91
Ed H. 01/28/96
Franny C. 05/07/96
Fred M. 5/5/90
Gail R. 06/04/92
Jaime B. 08/08/04
Jaffrey H. 11/24/96
Janice S. 12/25/2010
Jason B. 4/20/09
Jim S. 04/10/88
Kara G. 11/8/12
Kathy O. 6/11/97
Ken H. 11/4/97
Ken P. 09/20/83

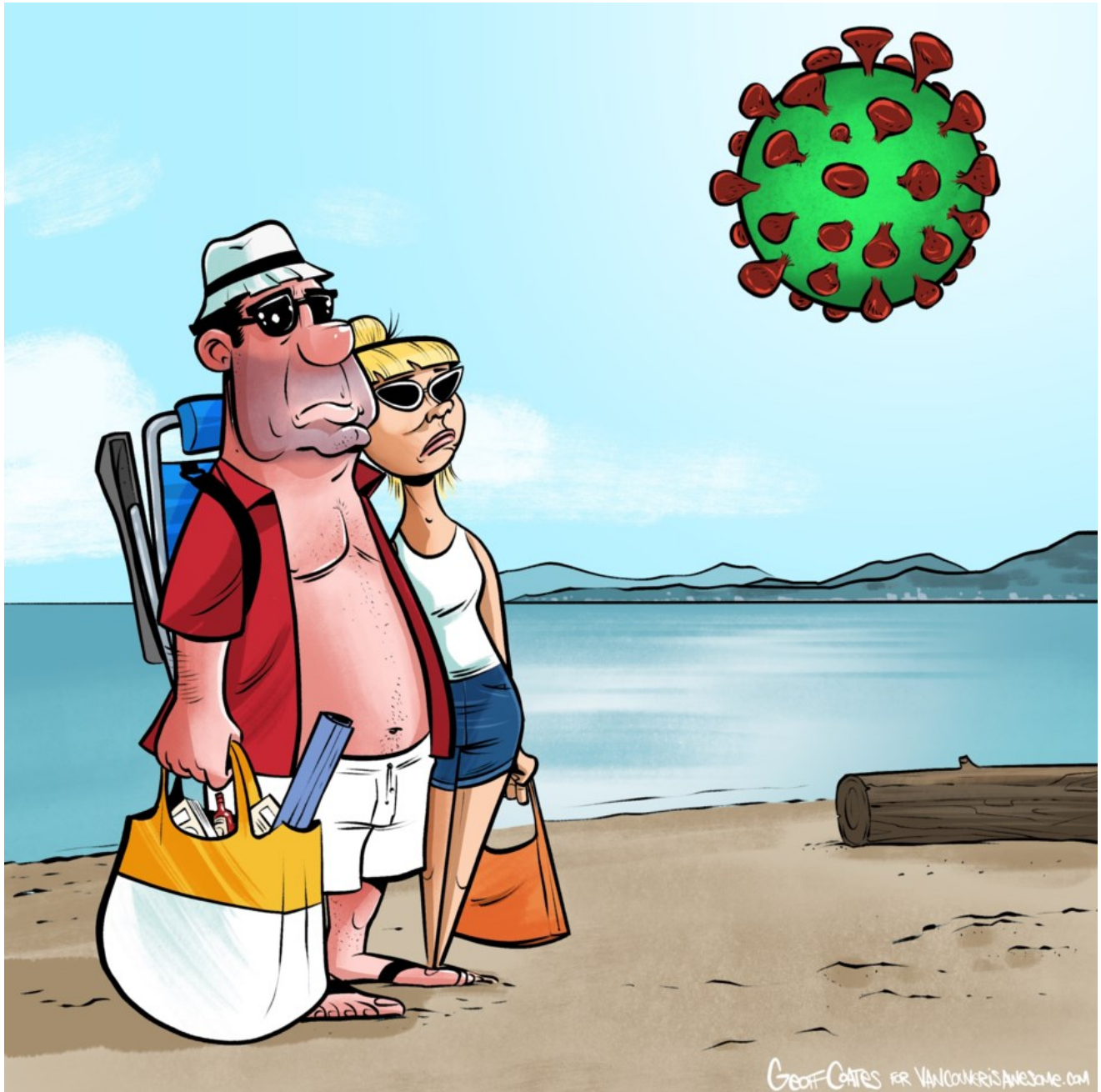
Kerry O. 04/20/08
Laura R. 6/21/95
Leslie D. 2/20/1990
Liza F. 1/20/05
Marilyn M. 6/26/99
Marie R. 9/6/83
Mary Ellen S. 1/24/10
Melissa S. 06/23/08
Mike M. 4/20/91
Nancy V. 2/21/05(Deceased)
Patricia K. 12/17/87
Patsy M. 1/6/88
Phyllis M. 03/09/88
Sally C. 10/15/95
Shirley U. 3/19/76 41 yrs.
Stanley B. 03/05/79
Suzanne M. 04/04
Tenney W. 5/15/82
Tom H. 07/02/04
Tom McD. 01/16/96
Tracy D. 2/28/2013
Valerie S. 2/3/89
Walt A. 01/94
Wes J. 4/21/75 42 yrs.
Wes M. 2/1/94

ATTENTION FAMILY!!!!!!

Would you like to celebrate your anniversary, show your fellows how the program works (one day at a time) and contribute to your Northern Delaware Intergroup at the same time? The Anniversary Club is easy to join. Here's how it works....you can email the information below to Jamie at mainoffice@ndiaa.org or fill out the form and mail it to 21B Trolley Square, Wilmington DE 19806.. A small donation of \$1 per year sober is all it costs to have your name and anniversary date printed in the Newsletter every month for a whole year:

Anniversary Club Contribution Card	
Sobriety Date	_____
Home Group	_____
Name	_____
Contribution	_____

Rule 62



GAMES ALCOHOLICS PLAY THE DOCTOR'S OPINION

_____ 1 _____

SSHOLEEP

_____ 2 _____

PEREXNCEIE

_____ 3 _____

MATESTIE

_____ 4 _____

ICONRCH

_____ 5 _____

CCPTEDAE

_____ 6 _____

HOLALOC

_____ 7 _____

CRNCHOI

_____ 8 _____

KNDRI

_____ 9 _____

HOSPTALI

_____ 10 _____

TIONULOS

_____ 11 _____

CALIMED

_____ 12 _____

FLIEER

_____ 13 _____

YRECEROV

1 2 3 4 5 6 7 8 9 10 11 12 13

QUOTE

I EARNESTLY _____ EVERY _____ TO READ THIS BOOK.....

_____ D. _____, MD

A letter from the NDIAA Steering Committee.

Hello!

Hope everyone is staying safe and healthy! I'm writing this email to let everyone know that, unfortunately, Northern Delaware Intergroup has decided to cancel the Fall Family Breakfast (Sunday, 10/25) due to COVID-19. We want to make sure that we don't put anyone in harm's way. We were going to honor the Spring Family Breakfast tickets at the Fall Breakfast since that had to be cancelled for the same reason. For those of you that bought tickets for the Spring Breakfast, you may request a refund or request the funds be a contribution to NDIAA. Ticket holders can also request a partial refund where a portion of the purchased ticket funds get refunded and the remainder is for a contribution. There will be a "Fall Family Breakfast Refund or Contribution" form on our website (www.ndiaa.org) by the end of this week. It will be located on the Resource page. Once ticket holders submit the form, it will be sent to the NDIAA email. I will either contact you by phone or by email to work out the particulars. You can also email the office directly (mainoffice@ndiaa.org) or call the office **after September 5th** when I return from medical leave. The volunteers covering the office for the month of August are not permitted to issue refunds.

The NDIAA main office will begin processing requests on Sept. 5th. Refund requests will require proof of purchase (picture of your ticket, you can mail your ticket or you may bring the ticket into the office) The **deadline** for a refund request is **September 30th, 2020**. Any unclaimed funds after Sept 30th, will be considered a contribution to NDIAA.

We apologize for this inconvenience and thank you for your patience, understanding and support.

Please pass this information to your groups. If you have any questions, please email the office and I will answer them as quickly as possible.

Thank you!

Jaime

NDIAA Office

mainoffice@ndiaa.org

Sent via the Samsung Galaxy S20 5G, an AT&T 5G smartphone

Answers from July

Games Alcoholics Play
Traditions Word Search

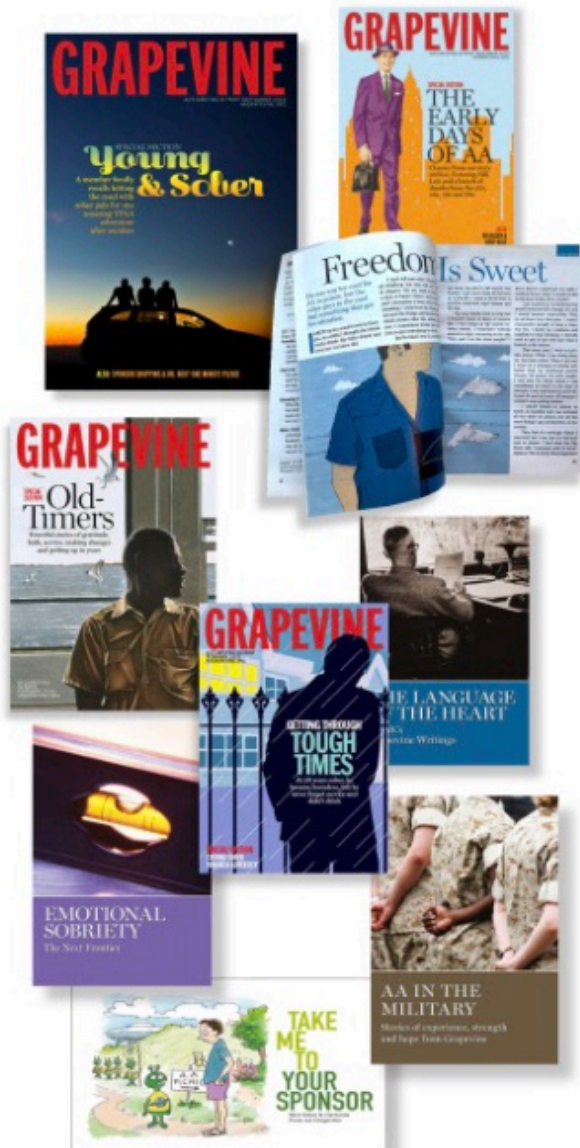
A	B	C	D	S	U	F	F	E	R	S
E	A	F	G	E	S	S	E	R	P	H
Y	T	I	N	U	I	J	K	L	M	T
N	O	O	P	Q	R	F	S	T	R	S
C	O	N	S	C	I	E	N	C	E	E
R	U	V	G	L	W	X	Y	Z	V	L
E	A	B	M	R	A	D	I	O	E	E
A	C	D	I	O	O	N	L	Y	R	V
T	Y	R	R	A	C	U	E	F	O	E
E	E	R	I	S	E	D	P	G	F	R

UNITY	FOREVER	FIEND	ONLY
GROUP	CREATE	CARRY	LEST
CONSCIENCE	RADIO	ONE	EVER
DESIRE	PRESS	SUFFERS	

CONCEPT PUZZLE

C O L L E C T I V E
C O N S C I E N C E
O F O U R W H O L E
F E L L O W S H I P

AA GRAPEVINE



Supported Solely By Your Participation

WE'RE SELF-SUPPORTING

The AA Grapevine strives to be self-supporting through the sale of the magazine and related items. An important part of self-support at all levels (individual, group, district, area) is to subscribe and purchase other materials to assure the Grapevine and La Viña continue to carry the message of Alcoholics Anonymous.

As stated in the AA Service Manual

'AA Grapevine Inc.'s goal is to be supported by revenues from the purchase of subscriptions and other content related items. In contrast to G.S.O., where group contributions are applied to support group services, AA Grapevine, Inc., does not accept contributions from individuals or groups. Nor does it accept revenue from ads or membership fees. AA Grapevine, Inc. relies on A.A. groups, committees, and individual members who value Grapevine and La Viña in their recovery and in their Twelfth Step work to purchase subscriptions. 'After all,' as Bill W. once wrote, 'the Grapevine is to be their Voice — their newspaper. I am quite sure they will support it.'

WE'RE CONFERENCE APPROVED

As Bill W. expressed in his letter to Royal Shepherd in June 1946, "The Grapevine will be the voice of the Alcoholics Anonymous movement." In 1986, the General Service Conference officially recognized Grapevine as the International Journal of Alcoholics Anonymous.

EACH ISSUE of Grapevine is filled with stories of recovery and hope written by members of AA and, on occasion, by friends of AA. The stories are direct and personal, and as varied as the fellowship itself. Grapevine writers come from all walks of life and every generation and geographic area. Each month we offer a current, ongoing view of our beloved fellowship!

Visit us at
www.aagrapevine.org

F-V19

www.AAGrapevine.org

**IF YOU WERE ABLE TO
BELIEVE IN SANTA
CLAUS FOR LIKE 8
YEARS, YOU CAN
BELIEVE IN YOURSELF
FOR LIKE 5 MINUTES.**